

# foods unlimited

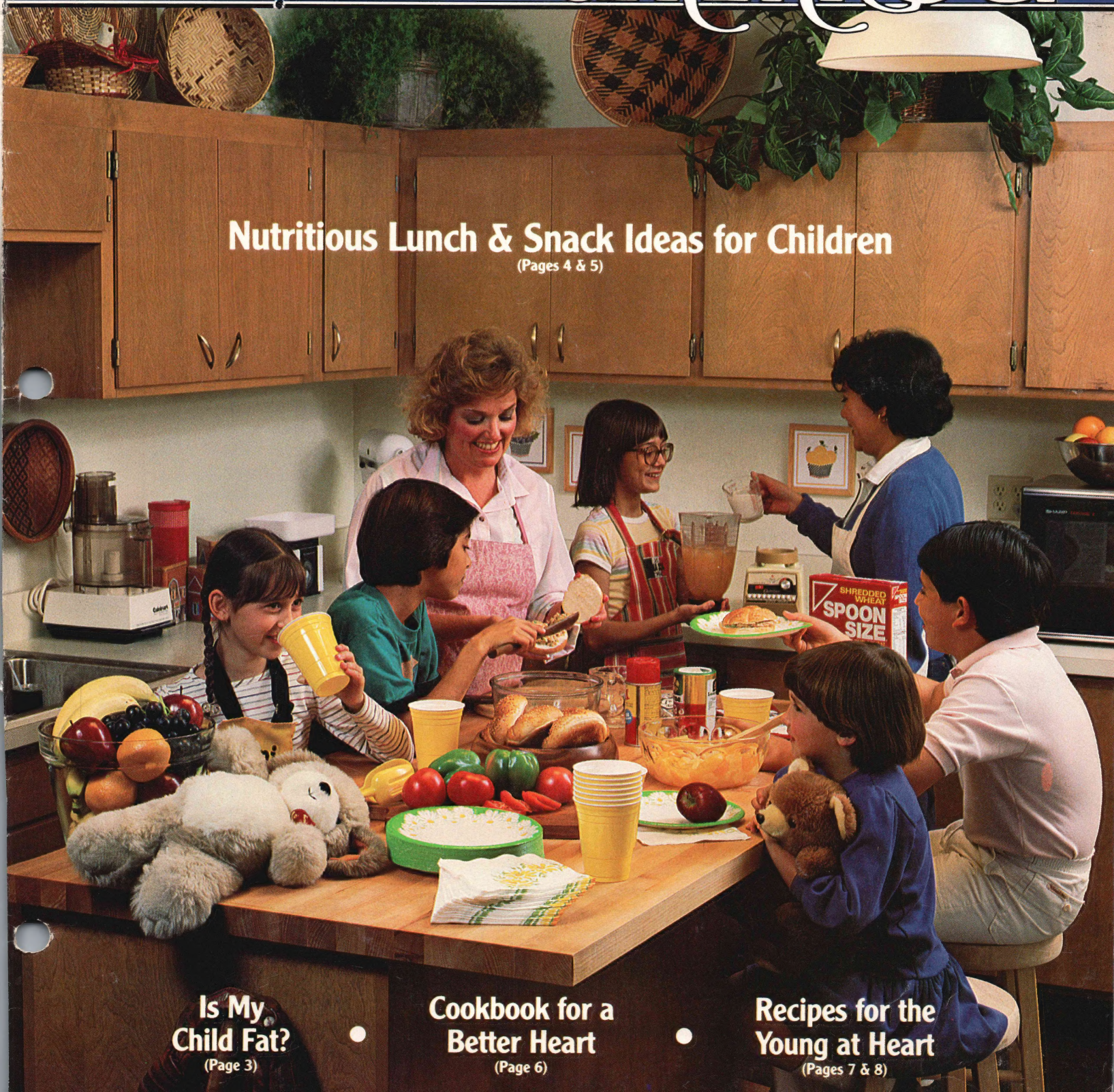
VOL. III,  
ISSUE 4



Compliments of Safeway's  
Nutrition Awareness Program

## Nutritious Lunch & Snack Ideas for Children

(Pages 4 & 5)



Is My  
Child Fat?  
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Cookbook for a  
Better Heart  
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August/September 1985

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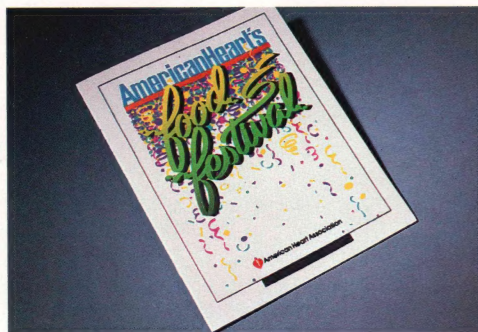
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**American Heart's Food Festival**

Watch for the American Heart's Food Festival September 8 through 14 at your Safeway store. Look for special educational pamphlets, flyers and other information to help you buy nutritious food to fight coronary heart disease.

Sponsored by the American Heart Association, the festival is to help make you aware that a nutritious diet is important to good health. The festival will emphasize the benefits of shopping wisely and eating a variety of foods in moderation.

You'll see the special American Heart Association message on grocery bags, on store windows, in weekly newspaper ads and even on stickers worn by store employees. Planned activities in your area may include tours and cooking demonstrations. Watch for a schedule of activities at your Safeway store.

Since Safeway's Nutrition Awareness Program's (SNAP) goals - to provide accurate nutrition information so you can make informed food buying decisions - are similar to festival goals, SNAP has helped plan Safeway's part in the festival.

**Next Best Thing To Shellfish**

What looks and tastes like expensive seafood (crab, scallops, lobster or shrimp) at half the price?

It's surimi (pronounced soo-ree-mee), a traditional Japanese fish product made from an inexpensive, abundant fish (usually pollack). The fish is mechanically deboned, fabricated and seasoned to resemble shellfish. High in protein (up to 80 percent protein of the original) and low in cholesterol, surimi is traditionally made into fish cakes called kamaboko (pronounced ka-ma-bow-ku) in Japan.

You might mistake surimi for crab meat in your supermarket or taste it in a restaurant "sea-food" salad. Because you might not even know it's surimi, the U.S. Food and Drug Administration (FDA) says that these products must be labeled "imitation," be reformulated to be nutritionally equal or superior to the seafood they resemble or made so they do not resemble any form of seafood.

**Dietary Guidelines Revised**

The seven-point dietary guidelines set by the Department of Agriculture and the Department of Health and Human Services in 1980 were reviewed by a panel of nutrition experts and revised slightly.

The suggested new dietary guidelines are:

- Eat a variety of foods.
- Maintain reasonable weight. (Previously "Maintain ideal weight.")
- Avoid too much fat, saturated fat and cholesterol.
- Eat foods with adequate starch and fiber.
- Avoid too much sugar.
- Avoid too much sodium.
- If you drink alcoholic beverages, do so in moderation - and don't drive. (Previously "If you drink alcohol, do so in moderation.")

The nine nutrition experts who reviewed the guidelines included Dr. Judith S. Stern, a member of Safeway's Nutrition Awareness Program advisory board.

**More On Microwaving Pork**

Earlier, in *The Safe Food Book*, the U.S. Department of Agriculture (USDA) warned about the possibility of live trichinosis parasites in pork cooked in microwave ovens. The USDA recommended conventional cooking methods for pork in the booklet.

Since then, the USDA has revised its earlier recommendations and deleted the warning from newer editions. The USDA says the food safety of poultry and other meats, not just pork, is a concern when they are cooked in microwave ovens. The booklet does contain a note that pork should be cooked to an internal temperature of 170 degrees F.

Meat and microwave industry officials support a recent study showing that a cooking-bag method of microwaving fresh pork will kill the parasites. The USDA claims the study was not properly conducted.



# Is My Child Fat?

*Cheryl Bell*  
By Cheryl Bell, R.D., M.S.  
Corporate Nutritionist

When that so-called "baby fat" lingers a bit too long on a child, many parents ask: "Is my child fat?" I spoke to an expert in childhood obesity, Dr. Kelly Brownell, an associate professor at the University of Pennsylvania School of Medicine, to find out how parents can help an overweight child.

## Q. How do you know if your child is overweight?

**A.** There is no magical point at which you say this child is now overweight. Several factors must be taken into account: child's weight for height, weight gain over time, parental input on eating and exercise habits, family history and physician judgment.

## Q. Should you put an overweight child on a diet?

**A.** Odds are that if your child is overweight it is because he is consuming more calories than he is burning. Planning a diet for an overweight child is difficult because the child is still growing. You do not want to cut back calories to a point where growth is impaired. Physician guidance is critical. Try keeping a food and activity diary on your child. Look also at your own eating and activity patterns because children imitate their parents. If you eat excessively and sit around and watch TV all day, you can't expect your child to do any differently.

## Q. Is exercise important in weight control for children?

**A.** Yes, very important. Studies show that adults who exercise while controlling caloric intake, lose more weight and keep it off longer. Exercise "burns" calories and increases metabolic rate. In many cases, exercise controls appetite, improves self confidence, maximizes loss of fat and minimizes loss of tissue. Examine your child's activity patterns. If your child is not getting enough exercise, encourage your child to include some type of activity daily. Have an exercise plan and start gradually.

## Q. Is it true that an overweight child

### becomes an overweight adult?

**A.** As the overweight child gets older, the chances of retaining that weight into adulthood increase. Studies indicate that overweight children under 3 to 4 years are less likely to become obese adults than overweight children over 3 to 4 years. Don't ignore excess weight in very young children, either. Parents who say their child will outgrow his fat are awaiting an unlikely event. The key is prevention.

## Q. What is your advice for parents of overweight children?

**A.** We have developed a program that has been successful with both adults and children. It is called L•E•A•R•N\*. Briefly, the program has 5 points:

**L** — Lifestyle: Includes behavior modification, keeping a diary, eating slowly and keeping the environment free of temptation.

**E** — Exercise: a very important part of weight control. Assess present exercise patterns and develop an appropriate plan.

**A** — Attitudes: Examine attitudes of parents and other children about foods and eating. Avoid idea of "diet." "Dieting" sets you up for failure because of implication of rules, such as good and bad foods.

**R** — Relationships: Social support. The people around your child, such as parents and other children, can influence how well your child does.

**N** — Nutrition: Encourage a variety of foods at a level that encourages growth, not excess weight gain. Cut back on foods that are high in sugar, fat and calories and low in nutrition.

\*To obtain a copy of the L•E•A•R•N manual, send a \$15 check payable to Dr. Kelly Brownell, University of Pennsylvania, 133 South 36th Street, Philadelphia, Pennsylvania 19104.

## Foods Children Should Eat Every Day

Children should be encouraged to eat a variety of foods at a level that encourages growth, not excess weight. Here is a chart that Foods Unlimited has selected which you can use to help your child eat well.

### DAILY FOOD GUIDE FOR CHILDREN

Food	Serving Size	Number of Servings
Milk & dairy products	1 cup (8 fluid ounces)	3 to 4*
Meat & meat alternates	2 to 3 ounces cooked, lean meat or 2 eggs or 1 cup cooked legumes or ¼ cup peanut butter	2 or more
Breads, cereals & grains	1 slice bread or 1 oz. ready-to-eat cereal** or ½ to ¾ cup cooked cereal, cornmeal, grits, macaroni, noodles, rice or spaghetti	4 or more
Vitamin C-rich fruits & vegetables	½ cup*** or piece of fruit	1 or more
Dark green & yellow fruits & vegetables	½ cup*** or piece of fruit	1 or more
Other fruits & vegetables	½ cup*** or piece of fruit	2 or more

\*For children 9 through 12. For children under 9 years, 2 to 3 servings of milk & dairy products daily.

\*\*Choose cereals low in sugar. Avoid adding sugar to cereal.

\*\*\*If canned fruit, choose products packed in juice.

Source: Chart adapted from "Living Nutrition," Frederick J. Stare & Margaret McWilliams, 1981, John Wiley & Sons, Inc.

# Nutritious Lunch & Snack Ideas for Children

Children. Endlessly running, jumping, playing. So much energy. And growing a foot at a time, it seems. Active, healthy 7 to 10 year olds need about 2,400 calories a day and at least 40 nutrients daily to keep them going. That means a lot of calories and a lot of good, healthful foods.

Naturally, you want only the best for your children. But what foods? And how much? Look at the chart (page 3) that lists the variety and amount of foods children should eat every day. When you add up everything, you find out how important brown bag lunches are to a child's daily calories.

You also discover how important after-school snacks really

are. Active children burn up calories from lunchtime, so they need something to keep them going until dinner.

**Foods Unlimited** takes the guesswork out of lunchtime and snacks with a suggested seven-day menu. A few recipes are on pages 7 and 8 and a few more recipes are in past **Foods Unlimited** issues.\* Or you can substitute your own favorites.

If you have lots to do besides preparing lunches and snacks, get your family involved. Sit down together and plan a week's worth of menus so there's something for everyone. Plan to take your children grocery shopping with you so they can learn how to select and buy foods. You can use this time

to point out the nutritional benefits of each food, too. Ask everyone to pitch in to help prepare lunches for the next day. Even the youngest child can stuff sandwiches into paper bags and fold napkins. Some nights you can use dinner leftovers for the next day's lunches.

The rest is up to you and your family. You'll be surprised how easy it is for everyone, grown-ups and children alike, to eat nutritious lunches and snacks every day.

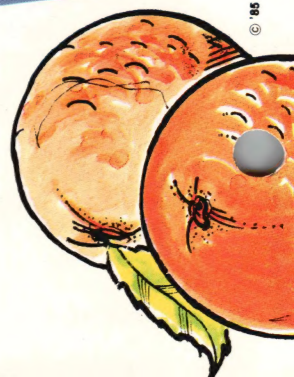
\*For copies of these recipes, send a self-addressed, stamped envelope to Lunch & Snack recipes, c/o Cherry Bell, Safety Stores, Inc., Oakland, CA 94660.



## (SUNDAY)

A refreshing glass of **Pineapple Cooler** is a good source of vitamin C for healthy bones, teeth and skin.

Encourage children to help add ingredients and mix batter for **Apple-Nut Muffins**. Snacks like these are good since children have high energy needs but small stomach capacity.



## Foods Unlimited 7-Day Lunch & Snack Menu

### SNACK

### LUNCH

### SUNDAY

Zucchini Pizza

(Vol. 2, Issue 2)

Breadsticks

Quick Berry Softie\*

Milk

Beef Vegetable Burgers

(Vol. 1, Issue 4)

Orange

Guess What Snack Cake\*

Milk

### TUESDAY

Top Hat Tuna\*

Apricots (Canned in Lite Syrup or Juice)

Oatmeal Cookie

Milk

Fresh Blender Applesauce

(Vol. 1, Issue 7)

Milk

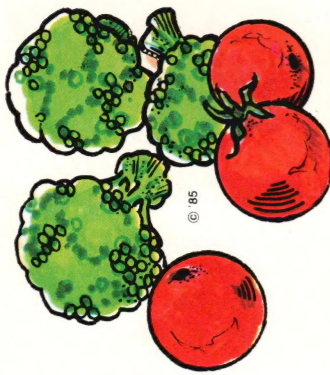
50-50 Orange Slush\*  
Whole-Grain Crackers

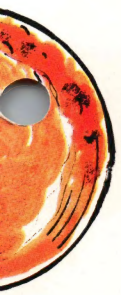
## (SATURDAY)

Encourage children to eat or at least try a variety of foods, such as a selection of fruits in a fruit kebab.

Don't use food, such as a yogurt sundae, as a reward. Try a hug or a trip to the park as a chance to encourage active play with children. If the park is nearby, walk instead of drive.

Allow children to eat their bean & cheese burritos with other family members. Children learn by imitating others, especially good table manners.





**(MONDAY)**

Children should have 3 servings (1 cup each) of milk daily to supply calcium for growing bones. Vitamin D fortified milk is best for children. Vitamin D helps in the formation of teeth and bones. If your children are under 3 years old, buy regular whole milk instead of low-fat or nonfat milk.

An orange is a good source of vitamin C and fiber.

If your children think they hate beans, include beans in their diet with surprisingly good Guess What Snack Cake.



**(TUESDAY)**

Tuna is a good source of protein. Remember that 7 to 10 year olds should have servings (about 1 1/2 to 2 ounces each) of meat or meat alternates daily.

Tastes change. If your child dislikes apricots at age 3, he may enjoy them at age 11. Add them to ready-to-eat cereals for color, flavor and as an additional source of vitamin A.

Try freezing applesauce or fruit juice into cubes.



**WEDNESDAY**

- Chili
- Homemade Corn Cakes
- Cheddar Cheese
- Carrot/Celery Strips
- Apple Juice

**THURSDAY**

- "Meaty" Salad in Pocket Bread (Vol. 1, Issue 5)
- Broccoli "Trees" & Cherry Tomatoes
- Graham Cracker Milk

**FRIDAY**

- Raisin Bagel with Ricotta/Walnut Spread
- Pineapple Slaw (Vol. 1, Issue 7)
- Half a Banana
- Milk

**SATURDAY**

- Bean & Cheese Burrito with Lettuce & Tomato
- Fruit Kebab
- Milk
- Yogurt "Sundae" with Granola Topping

\*See pages 7 and 8 for recipes.

**(FRIDAY)**

Raisin bagel with ricotta/walnut spread is a nutritious example of how you can vary flavor and texture of foods. This calcium-rich sandwich is also a good source of carbohydrate and protein.

Fruits, such as bananas and vegetables make great snacks and desserts. Serve them often. Children need 4 servings or more of fruits and vegetables daily.

Give children child-sized portions of Almond Diamonds with Fruit. If they're still hungry, let them ask for seconds.



**(WEDNESDAY)**

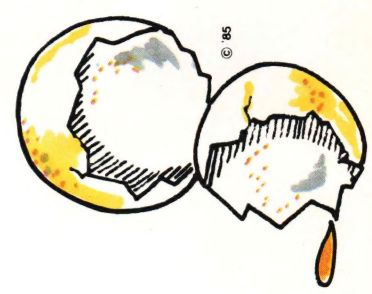
Chili is a good source of iron, especially if prepared in an iron pot. Other good sources of iron are liver, meat and fortified cereals.

Cheddar cheese is a source of calcium for healthy teeth and growing bones.

Help keep skin healthy with carrots, a good source of vitamin A. Raw vegetables generally are better sources

of nutrients than cooked vegetables. Look for vitamin C-enriched apple juice at the supermarket since apple juice is not usually a major nutrient source.

A handful of whole-grain crackers is a good carbohydrate source. Remember that children should have 4 servings or more of carbohydrate-rich breads or cereals daily.



**(THURSDAY)**

Consider stuffed eggs for breakfast, too. Eggs, along with milk, meat or peanut butter, provide protein. A child needs breakfast every day to meet energy needs.

Children should have 1 serving of dark-colored vegetables, such as broccoli. Remember that children learn by imitating those around them. If Dad doesn't eat broccoli, odds are that the children won't eat them, either.

Cherry tomatoes brighten a child's plate. Consider serving vegetables with individual bowls of cottage-cheese dip to encourage children to eat vegetables.

Grape juice or a variety of juices are better choices than punch and soft drinks.

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# Q&A

This is your page. If you have any questions or topics you would like to see addressed on this page, write to Corporate Nutritionist, Safeway Stores, Incorporated, 430 Jackson St., Oakland, CA 94660. We will do our best to respond.



*Q: My family is vegetarian and I want my children to follow a vegetarian diet. Do you have tips on what foods I should serve my children?*

**A:** Children do fine on well-planned vegetarian diets that include milk, eggs and cheese. An adult's vegetarian diet is not the same as a child's vegetarian diet because children have high energy needs, small stomach capacity and a high growth rate.

A good vegetarian diet for a child combines grains with legumes to meet the body's protein needs usually supplied by meat and meat alternates in a regular diet. Vitamin supplements also can give your child an additional source of vitamin B<sub>12</sub> and other nutrients. Also, be sure to follow the regular advice of your children's doctor.

*Q: My child refuses to eat spinach. I'm worried that he's missing out on important nutrients.*

**A:** Be concerned only if your child refuses to eat foods from an entire food group, such as all fruits and vegetables. (See Foods Children Should Eat Daily chart on page 3). If your child eats broccoli, which has similar nutrients, or spinach cooked in a dish such as lasagne, you don't need to worry.

Make a note of all the foods he eats in a week. Children eat more food some days than others. By the end of the week, you'll see that foods your child lacks on one day are usually eaten on another day.

*Q: Should I stop giving sweets to my child?*

**A:** Don't exclude sweets completely since children know what sweets are. As an alternative, serve breads, muffins and cakes made with dates, raisins, nuts, bran, banana, pumpkin, zucchini, berries, lemons, oranges and carrots on special occasions. Also, try to offer sweets at the end of a meal and not in between meals.

*Q: Are hot dogs okay for children? I've read newspaper articles about children accidentally choking on hot dogs.*

**A:** Although children can choke on almost any food, they are most likely to have trouble with foods that are smooth, hard, slippery and just the right size to get stuck in their throats. You can serve hot dogs to your children, but you might want to try skinless hot dogs. Children are less likely to choke on these.

A child's ability to safely chew and swallow depends on "developmental readiness." How food is cut up and given to a child will affect his ability to chew and swallow it. Whatever you serve, always supervise children under 2 years of age when they eat.

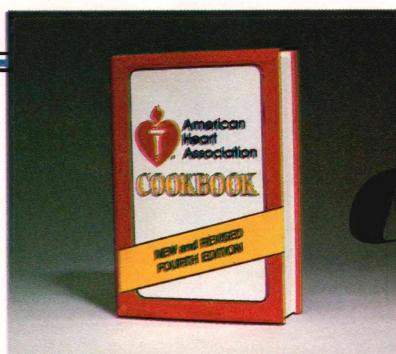
## Cookbook for a Better Heart

American Heart Association Cookbook, 4th edition, Ruthe Eshelman and Mary Winston, David McKay Company, Inc., New York, 1984, \$15.95.

The revised 4th edition of the American Heart Association Cookbook reflects 10 solid years of food nutrition, research and the association's efforts to promote dietary habits to reduce the chance of coronary heart disease.

Tips for eating out, snacks, menus for special occasions, definitions, charts and information on how to adapt recipes are included.

Recipes are modified to reduce dietary fat, cholesterol, sugar and total calories. Polyunsaturated oils, egg whites or other substitutes instead of whole eggs and low-fat products are listed as ingredients. Although recipes are not always low in sodium, use of herbs and other seasonings are encouraged.



One suggestion: it would be helpful to know the grams of fat per serving and total percentage of calories from fat in each recipe. The recipes only include calories per serving. Sodium information also would be helpful.

## Myths about Mayonnaise

Contrary to popular opinion, mayonnaise does not cause your potato salad or sandwich to spoil. It's the bacteria in other salad ingredients that causes spoiling. Studies show that mayonnaise actually protects foods because bacteria cannot thrive in the dressing.

# ALL Consuming

For fresh brown-bag sandwiches and salads with mayonnaise:

- Use properly washed, refrigerated fresh vegetables.
- Open canned tuna just before making your sandwich or salad.
- Add mayonnaise immediately to your sandwich. Don't store mayonnaise separately.
- Refrigerate cooked foods, such as meat, poultry, potatoes or eggs, as soon as they stop steaming.
- Refrigerate your sandwich, if possible. Otherwise, keep it out of direct sunlight.
- Don't bring leftover sandwiches home.

# For The Young At Heart

The hollowed-out rolls in these fun-to-eat sandwiches make secret hiding places for wholesome tuna and your choice of crunchy vegetables. The filling is great with pocket bread, too.

## Top Hat Tuna

### Aioli Dressing:

- 1/4 cup reduced-calorie mayonnaise
- 1 tsp. mustard
- 1 small clove garlic, minced or pressed (optional)
- 1/4 tsp. dried basil

- 4 3- to 4-inch diameter Kaiser rolls (or small onion rolls)
- 1 small carrot, grated
- 1/2 cup alfalfa sprouts, sliced celery or combination
- 1 medium tomato, sliced
- 4 tsp. sliced olives

Combine ingredients for Aioli dressing in small bowl. Stir in tuna; reserve. Slice off top 1/4 of each roll. Hollow out bottom portion of each roll, leaving about 1/2-inch shell. Reserve crumbs for another use. Divide tuna mixture and remaining ingredients among rolls. Cover with bread tops. Makes 4 sandwiches.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	Protein	Fat	Carbohydrate	Sodium
200	16g	4g	25g	417mg

Calories: 32% from protein, 18% from fat, 50% from carbohydrate



All you need is a food processor to make this luscious banana-flavored strawberry "ice cream." (P.S. Even grown-ups love it.)

## Quick Berry Softie

- 1/4 cup low-fat yogurt
- 2 egg whites
- 3 Tbsp. granulated sugar
- 2 cups frozen unsweetened strawberries or other berries
- 1/2 frozen banana, cut into chunks

Combine yogurt, egg whites and sugar in food processor fitted with metal blade. Whir until foamy. With food processor running, slowly add frozen berries and banana chunks. Blend until smooth. Makes 3 cups. Serves 6.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	Protein	Fat	Carbohydrate	Sodium
64	2g	Trace	14g	24g

Calories: 13% from protein, 0% from fat, 87% from carbohydrate



Treat your friends to icy after-school milkshakes that are tasty and nutritious!

## 50-50 Orange Slush

- 1 can (6 oz.) frozen orange juice concentrate
- 2 cups low-fat milk
- 1 tsp. vanilla
- 1 tray ice cubes, crushed

Place all ingredients in electric blender. Whir until smooth. Serve promptly. Makes 1 quart. Serves 4 to 6.

### NUTRITIONAL ANALYSIS PER SERVING (1 cup)

Calories	Protein	Fat	Carbohydrate	Sodium
142	5g	2g	26g	63mg

Calories: 14% from protein, 13% from fat, 73% from carbohydrate



# For Snackin' Good Times

Come home to an easy-to-make wheat snack that adds fiber and protein to your daily diet!

## Crunchy Wheat Pillows

- 4 cups Spoon-Size Shredded Wheat® cereal  
1 cup finely shredded sharp cheddar cheese  
Non-stick cooking spray  
1/4 cup grated Parmesan cheese
- Spread shredded wheat on baking sheet. Spray generously with non-stick cooking spray; sprinkle with cheeses. Bake at 350°, stirring occasionally, for 30 minutes or until crisp. Keep refrigerated in air-tight container. Makes 6 cups.

### NUTRITIONAL ANALYSIS PER SERVING (1/2 cup)

Calories	Protein	Fat	Carbohydrate	Sodium
163	8g	7g	17g	150mg

Calories: 20% from protein, 38% from fat, 42% from carbohydrate



Your friends will never guess what went into this delicious easy-to-make, oh-so-moist spice cake. Pinto beans pack this cake with a nutritious, delicious wallop!

## Guess What Snack Cake

- 2 cups well-cooked pinto beans  
1/4 cup liquid from cooked beans  
1/2 cup margarine  
2/3 cup sugar  
1 egg  
2 tsp. vanilla  
1 cup whole-wheat flour
- 1/2 cup instant nonfat dry milk  
1 1/2 tsp. baking powder  
1 tsp. cinnamon  
1 tsp. allspice  
2 cups finely chopped peeled apple  
1 cup currants or raisins  
1/2 cup chopped walnuts

Purée or mash beans with liquid until smooth; set aside. Beat margarine with sugar in bowl until light and fluffy. Beat in egg, vanilla and bean purée; set aside. Combine dry ingredients in another bowl. Mix half of flour mixture into batter. Add apple, currants and walnuts to remaining flour mixture; fold into batter. Coat 9-inch square baking pan with non-stick cooking spray. Pour batter into pan. Bake at 350° for 1 hour or until toothpick inserted in center comes out clean. Cool. Cut into 20 pieces. Sprinkle with powdered sugar, if desired. Serves 20.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	Protein	Fat	Carbohydrate	Sodium
191	5g	7g	27g	100mg

Calories: 10% from protein, 33% from fat, 57% from carbohydrate

Keep this colorful treat in the refrigerator for a quick snack or light dessert. Packs in a thermos for a special lunchtime dessert.

## Almond Diamonds with Fruit

- 2 pkg. unflavored gelatin  
3/4 cup sugar  
3/4 cup (1/2 12-oz. can) evaporated milk  
2 tsp. almond extract  
1 can (20 oz.) pineapple chunks (packed in juice)
- 1 can (16 oz.) sliced peaches (packed in juice or light syrup)  
1 cup sliced strawberries  
1 cup melon balls  
1 kiwifruit, peeled and sliced

Soften gelatin in 1/2 cup cold water in small bowl. Meanwhile, heat 1 3/4 cups water with sugar in small saucepan over low heat, stirring constantly, until sugar dissolves. Add softened gelatin and stir until gelatin dissolves; cool. Stir in milk and almond extract. Pour into 9-inch square pan. Cover and refrigerate until set. Cut diagonally to make diamond-shaped pieces. Layer diamonds with fruits in bowl. Cover and refrigerate. Serves 8 to 10.

### NUTRITIONAL ANALYSIS PER SERVING

Calories	Protein	Fat	Carbohydrate	Sodium
206	4g	2g	43g	29mg

Calories: 8% from protein, 9% from fat, 83% from carbohydrate

